Kanchenjunga Tea House Trek Itinerary

Day 1: Arrival in Kathmandu and transfer to Hotel.

Adventure Club Treks guide will meet you on arrival at Kathmandu Tribhuvan International Airport(TIA). Staff will transfer you to your respective Hotels, then the Treks guide will brief you at the Hotel, Kathmandu, on trekking do's and don'ts and related information that you might require.

Day 2: Full day Sightseeing tour in Kathmandu Valley.

After breakfast, we will move to Pashupati temple, which is located on the side of the river Bagmati and also the main temples of lord shiva. The pagoda-style temple has a gilded roof, for teams covered in Silver, and exquisite wood carvings. Temples dedicated to several other Hindu and Busshists deities surround the temple of Pashupati, then we will move to Bouddhanath stupa, The Buddhist stupa of Boudha stupa dominates the skyline. It is one of the sole leading structures of stupas on the planet — back hotel for overnight.

Day 3: Flight to Bhadrapur and drive to Taplejung

Early morning scenic flight to Bhadrapur. On arrival, our jeep will be waiting for us to drive to Taplejung. On the way, we will have lunch at a Tea garden which is quite famous in Nepal. The road is quite windy and narrow. We will pass several charming villages, cross over many rivers, through forests, and have spectacular mountain views. Our overnight stays in Taplejung.

Day 4: Trek to Mitlung

Late breakfast at Taplejung after the long journey yesterday. Our first step on this trek is making our way to Mitlung. Today we will pass many Cardamom plantations and beautiful Rai and Limbu villages. There are also many terraces where rice is grown. The temperature can be quite warm in Mitlung, which is situated next to the Tamor Nadi. Overnight in Mitlung.

Day 5: Trek to Chirwa

We start our trek this morning after breakfast, alongside the Tamor River, passing through rice fields, forests, and local villages. We reach Sinwa for morning tea, the village is quite big with a Police Station and High school and it is well maintained. The trail continues along the eastern side of the river until we reach Chirwa and we stay overnight there.

Day 6: Trek to Sekathum

The trek will continue along the Tamor river, after an hour's walk we will reach Tapethok where we need to check the permits for the Kanchenjunga Conservation Area Project. We will cross over to the western bank of the river where there are Cardamom gardens on the flat trail. We pass beautiful villages, the trail slowly going up and down and we cross the Tamor river again, to follow the Ghunsa Khola. After a few minutes

walk, we will reach Sekathum where we stay overnight.

Day 7: Trek to Amjilosa

After breakfast we will cross the Ghunsa river, passing by charming terraces, and dense forest, crossing over suspension bridges, and following alongside the Ghunsa river. At times the river is flowing very fast and can sometimes be difficult to walk this trail. We will reach Lamatar for lunch. The trail then goes steep up to Amjilosa and we stay there overnight.

Day 8: Trek to Gyabla

After breakfast the first hour of the trail we will be climbing, lots of up and downhill. We will reach Thyangyani, where we can have lunch, or continue on through the bamboo forest and pass by several streams to reach Gyabla. Just before Gyabla, there is approx 45min steep climb. The overnight stay is at Gyabla.

Day 9: Trek to Ghunsa

After breakfast the trail will descend to the western side of the Ghunsa riverbank, passing through the pine forest. The trail continues to climb to Phale, a beautiful village with big open spaces where potatoes are grown. The people will keep their animals here in the winter. We have spectacular mountain views of Jannu then the trail continues on the flat to Ghunsa where we stay overnight.

Day 10: Rest day at Ghunse

Today is a rest day at Ghunsa. You can explore Ghunsa village.

Day 11: Trek to Khambachen

Early morning breakfast and then walking through the dense forest with the mountain range on the riverbank. In Autumn the valley is very colorful because the pine needles are falling from the trees and we see many shades of green and gold. We will pass many waterfalls and landslide areas. We can also see many yaks along the way. There are several huts for the yaks, the yak is one of the strongest animals in the mountains. In this area many people use the yaks as a caravan, to carry the heavy loads from place to place. With the tantalizing views of Jannu Peak, we will reach Khambachen. Overnight stay at Khambachen.

Day 12: Trek to Lhonak

After breakfast, heading North East with beautiful mountain views along the way, we walk above the tree line and have a view of grassy fields. The combination of the green grassy fields and the white mountains is spectacular. When we walk through the landslide, we feel we are walking on the beach because there is a lot of sand. We have to be very careful as there are loose rocks hanging over the trail. We will then pass through moraine areas which make us feel like we are walking on the glacier. The trail is flat and soon after we will reach Lhonak where we stay overnight.

Day 13: Hike to Pang Pema

Early morning after breakfast and finally on the way to reaching our destination, lots of people have a dream to reach the Kanchenjunga Base Camp and see the third highest mountain in the world. The trail goes along beside the glacier, with several ups, and downs with the amazing view of Kanchenjunga, Mera Peak, and many other snow-capped peaks. When we reach Pang Pema we feel like we are in heaven because we are surrounded by all the mountains. We have to descend because of the altitude, it is not advisable to stay at

Pang Pema. Overnight at Lhonak.

Day 14: Trek to Ghunsa

After breakfast, we descend with great memories of our previous day's walk. The views are still amazing on the way down and it feels like it's an easier walk because we are heading to the lower altitude. Overnight at Ghunsa.

Day 15: Trek to Selela Phedi

Today is a climbing day. Right after Ghunsa, the trail starts to climb, following alongside the pipes from the Hydro Power Station. When we cross the stream, the trail continues to climb steeply through the jungle. After a couple of hours' walk, we reach the ridge where we can see distant valley views and the mountain range as well. We continue to climb to Mirgan La, we have a slight descent to Selela Phedi and overnight there.

Day 16: Trek to Cheran

After early morning breakfast, we start our journey towards Cheran. Today we need to trek over three passes. On the first pass, we can see Makalu 8463m and many other snow-covered peaks. After a small descent, the trail continues to gradually climb up to reach the second pass. Again a small descent, the trail will then split at Anda Phedi and Cheran. Some people can be confused here because the map shows only the Anda Phedi way but there is the way to Cheran as well. After an hour of climbing, we will reach the third pass where we can see the great mountain view of Kanchenjunga. The trail continues steeply down until we reach Cheran. Overnight stay at Cheran.

Day 17: cTrek to Ramche

The trail continues Northeast with yaks grazing on the pastures and great mountain views. We reach Ramche where we will drop our bags and continue to head towards Kanchenjunga South Base Camp. The surrounding mountains give us a magnificent view and some people may become emotional as they take in the breathtaking views. After the great photo opportunities, we return to Ramche where we stay overnight.

Day 18: Trek to Tortong

The trail descends to Tortong following the Simbuwa Khola with mountain views in the background. There are a few places where we need to climb which can be a little difficult due to the elevation. We walk through the dense pine and rhododendron forests and reach Tortong where we stay overnight.

Day 19: Trek to Yamphudin

After early breakfast, the trail descends slightly to cross the Simbuwa Khola. The trail continues to climb to Lamite Bhanjyang and the last opportunity to see the beautiful mountain range. The trail descends all the way to Yamphudin with many steps along the way. After a few days, we reach this large Sherpa village full of Cardamom fields where we stay overnight.

Day 20: Trek to Khebang

The trail from Yamphudin goes downhill to cross the Kabeli Khola and the trail follows the river for an hour. Then the trail goes gradually up to Ekchana Bhanjyang, we descend again to Khebang which is one of the biggest villages in our trek. Overnight stay at Khebang.

Day 21: Trek to Khamdevi

The trail descends all the way to Jaor Pul then a little up and down to Khamdevi. Along the way, we can see colorful Rai houses and we pass many fields of rice. Overnight stay at Khamdevi.

Day 22: Drive to Bhadrapur and flight to Kathmandu

Before breakfast, we will take the jeep to Bhadrapu rand on the way we will stop for breakfast and lunch. Late afternoon we will fly to Kathmandu and overnight in your hotel.

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